

We Claim:

1. A safety harness for use with a connecting device including a connecting element being coded with a connecting element indicator, comprising:

a) an internal connection having a first portion and a second portion, said first portion being coded with a first indicator, said second portion being coded with a second indicator, said first indicator and said second indicator indicating that said first portion and said second portion are to be interconnected to create said internal connection; and

b) an external connection having a connecting member, said connecting member being configured and arranged to operatively connect with the connecting element of the connecting device, said connecting member being coded with a third indicator, said third indicator and the connecting element indicator indicating that said connecting member and the connecting element are to be interconnected to create said external connection.

2. The safety harness of claim 1, wherein said first portion is a buckle and said second portion is a strap.

3. The safety harness of claim 1, wherein said first portion is a first buckle portion and said second portion is a second buckle portion, said first buckle portion mating with said second buckle portion.

4. The safety harness of claim 1, wherein said connecting member is a D-ring.

5. A fall protection assembly, comprising:

a) a connecting device including a connecting element being coded with a connecting element indicator; and

b) a safety harness including an internal connection and an external connection, said internal connection having a first portion and a second portion, said first portion being coded with a first indicator, said second portion being coded with a second indicator, said first indicator and said second indicator indicating that said first portion and said second portion interconnect to create said internal connection, said external connection having a connecting member, said connecting member being configured and

arranged to operatively connect with said connecting element of said connecting device, said connecting member being coded with a third indicator, said third indicator and said connecting element indicator indicating that said connecting member and said connecting element interconnect to create said external connection.

6. The fall protection assembly of claim 5, wherein said first portion is a buckle and said second portion is a strap.

7. The fall protection assembly of claim 5, wherein said first portion is a first buckle portion and said second portion is a second buckle portion, said first buckle portion mating with said second buckle portion.

8. The fall protection assembly of claim 5, wherein said connecting member is a D-ring.

9. The fall protection assembly of claim 5, wherein said connecting device is a device selected from the group consisting of a lanyard, a lifeline, a rope grab, a rebar assembly, a controlled descent device, a rescue positioning device, and a winch.

10. The fall protection assembly of claim 5, wherein said connecting element is a carabiner or a hook.

11. A method of donning a safety harness, comprising:

a) obtaining a safety harness including an internal connection having a first portion and a second portion, the first portion being coded with a first indicator, the second portion being coded with a second indicator;

b) matching the first indicator of the first portion with the second indicator of the second portion; and

c) interconnecting the first portion and the second portion to secure and don the safety harness.

12. The method of claim 11, further comprising:

a) obtaining a connecting device including a connecting element being coded with a connecting element indicator;

b) matching a third indicator of a connecting member of the safety harness with the connecting element indicator of the connecting element; and

c) interconnecting the connecting member and the connecting element to secure the connecting device to the safety harness.

13. A method of connecting a connecting device to a safety harness, comprising:

a) obtaining a safety harness including an external connection having a connecting member being coded with a first indicator;

b) obtaining a connecting device including a connecting element being coded with a connecting element indicator;

c) matching the first indicator with the connecting element indicator; and

d) interconnecting the connecting member of the safety harness and the connecting element of the connecting device.

14. The method of claim 14, further comprising:

a) matching a second indicator of a first portion and a third indicator of a second portion, the first portion and the second portion forming an internal connection of the safety harness; and

b) interconnecting the first portion and a second portion to secure and don the safety harness.

15. A safety harness for use with a connecting device including a connecting element being coded with a connecting element indicator, comprising:

a) a first shoulder strap configured and arranged to fit about a first shoulder of a user;

b) a second shoulder strap configured and arranged to fit about a second shoulder of the user;

c) a first leg strap configured and arranged to fit about a first leg of the user;

d) a second leg strap configured and arranged to fit about a second leg of the user; and

e) a dorsal pad assembly interconnecting said first shoulder strap and said second shoulder strap proximate a back of the user, said dorsal pad assembly including a D-ring configured and arranged to operatively connect with the connecting element of the connecting device, said D-ring being coded with a D-ring indicator, said D-ring indicator

and the connecting element indicator indicating that said D-ring and the connecting element are to be interconnected.

16. The safety harness of claim 15, further comprising a first buckle portion and a second buckle portion, said first buckle portion being operatively connected to said first shoulder strap proximate a front of the user, said second buckle portion being operatively connected to said second shoulder strap proximate the front of the user, said first buckle portion being coded with a first indicator, said second buckle portion being coded with a second indicator, said first indicator and said second indicator indicating that said first buckle portion and said second buckle portion are to be interconnected to interconnect said first shoulder strap and said second shoulder strap.

17. The safety harness of claim 16, further comprising a chest strap interconnecting said first shoulder strap and said second shoulder strap, said first buckle portion and said second buckle portion operatively connected to said chest strap.

18. The safety harness of claim 16, further comprising a second D-ring operatively connected to said first shoulder strap and said second shoulder strap proximate the front of the user, said second D-ring having a second D-ring indicator indicating that said second D-ring is to be interconnected with a second connecting element.

19. The safety harness of claim 15, further comprising a side D-ring operatively connected to the safety harness proximate a junction of said first shoulder strap and said first leg strap, said side D-ring having a side D-ring indicator indicating that said side D-ring is to be interconnected with a third connecting element.

20. The safety harness of claim 15, further comprising a shoulder D-ring operatively connected to the safety harness proximate the first shoulder strap, said shoulder D-ring have a shoulder D-ring indicator indicating that said shoulder D-ring is to be interconnected with a fourth connecting element.

21. The safety harness of claim 15, further comprising a first buckle and a second buckle, said first buckle being coded with a first indicator indicating that said first buckle is to be connected to said first leg strap, said second buckle being coded with a second indicator indicating that said second buckle is to be connected to said second leg strap.